

Age UK Redbridge, Barking & Havering Fortnightly Newsletter

Welcome to the 4th edition of our newsletter!

We hope that you are keeping well and enjoying reading about what we have been doing in our local communities. Our on line activities are becoming more and more popular as we continue to adapt to this very new way of living. If you would like to join in an activity but need help to get going, do let us know. If you have an internet connection, we can help you get set up with Zoom enabling you to take part in a number of activities.

We are keeping an eye on Government and Public Health advice and will regularly update our website with information that is important to protect yourself during the pandemic.

Coronavirus Wellbeing Service on 0208 708 5555

or visit www.redbridge.gov.uk/coronavirus-information-hub/coronavirus-well-being-service

For Havering : 0800 368 5201 or visit: <https://www.havering.gov.uk/covid19>

For Barking & Dagenham visit: <https://www.lbdd.gov.uk/coronavirus-covid-19>

We are contactable via our office number: 020 8220 6000 or via email: admin@ageukrbh.org.uk

You can find out more about our services at:

www.ageuk.org.uk/redbridgebarkinghavering/

If you enjoy art, then we would like to introduce you to the Art by Post Initiative by the Southbank Centre which includes receiving monthly art booklets through the post. In these free booklets artists will guide you through poetry and visual arts activities inspired by Southbank Centre's art collection and artistic programme. The aim is to spark your imagination, keep your mind active and keep you connected to others. You can send your ideas and responses back to the Southbank Centre We receive a limited number of hard copies which we can post to you if you contact our office on: E admin@ageukrbh.org.uk or call: 020 8220 6000 alternatively hard copies can be ordered for free directly from Southbank Centre: Tel:020 7960 4206; Email: artpost@southbankcentre.co.uk

or by post: Freepost SOUTHBANK CENTRE

Sparko: A new way of connecting you to family, friends and services from your own home using your TV.

Age UK RBH is working in partnership with Sparko for a new pilot scheme to provide free Sparko TV kits enabling you to try this new technology.

Sparko enables you to connect to local activities and services, as well as family and friends using your TV. It is a safe and secure private channel that only you can access and can be tailored to your needs and interests and is easy to use!



We currently have 12 people involved in the pilot scheme lasting 1 year and we will be soon sharing our online activities through this channel. We will provide more information on this as time goes by, including feedback from those involved in the pilot. We still have a few free units remaining and if you would like to take part in the pilot please call us on: 07878276402 for a leaflet and more information.



'Age UK London has launched the **"Now More Than Ever"** campaign, a focused promotion of the flu vaccine across London. The campaign will place additional focus on targeting the boroughs in North and Northwest London – as vaccine uptake is especially low – as well as BAMER older Londoners.

New research from Public Health England (PHE) suggests the risk of death more than doubled for people who tested positive for both flu and Covid-19,

compared to those with Covid-19 alone. Age UK London are calling on all older Londoners who haven't had their flu jab to visit their GP or pharmacist as soon as possible to ensure they're protected from the flu virus.

New Drawing on line classes coming soon!

Owing to the success of our on line art classes, we will soon be starting a drawing online class with artist Richard Tait. He will be focussing on drawing city sky-lines and will start on 30th October. If you are interested in attending please phone 020 8220 6000 or email: disdiamonds@ageukrbh.org.uk

Age UK and Cadburys

Age UK have partnered with Cadbury for a second year to get older people to share their stories. Details about 'Donate your words' can be found at:

<https://www.ageuk.org.uk/get-involved/volunteer/donate-your-words/>

Watercolour Sessions with Ioana Macovei

Following on from the article in the last newsletter, here is another beautifully shown step by step illustrations in creating a painting of an autumn wreath.

Ioana's Art Newsletter features detailed instructions on creating your own watercolour paintings as well as providing you with lovely Watercolour Art History stories.

To join the classes or receive the Art Newsletter please contact Di's Diamonds by telephone : 07375 704448 or by email: disdiamonds@ageukrbh.org.uk

If you would like to know more, you can also access Ioana's newsletter from our website: www.ageukrbh.org.uk



Pictured above—Autumn wreath

Pictured below: stages in painting an autumn wreath— images copyright of Ioana Macovei

